

Luckys Lentil Loaf

Makes: 6 or 50 servings

6 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Lentils, cooked		3 1/4 cup		6 3/4 qt
Ketchup	2 oz			2 cup
Cumin, ground		1/2 Tbsp		1/4 cup
Garlic, powder		1/2 Tbsp		1/4 cup
Vinegar, cider		1 tsp		3 Tbsp
Salt, table		1/2 tsp		1 Tbsp
Paprika		1 tsp		1/4 cup
Oregano, dried		1 tsp		1/4 cup
Pepper, black		1/8 tsp		1 tsp
Oats, rolled, quick		1/4 cup		2 cup
Eggs, whole, raw		1/4 cup		2 cup
Flour, whole-wheat		1 1/2 Tbsp		3/4 cup
Cheese, mozzarella, lite	1 1/4 oz		10 1/2 oz	
Cheese, parmesan, grated	1 oz		8 oz	
Onions, fresh, chopped		1/4 cup		2 cup



Directions

1. Mash cooked lentils in a food processor, food mill or "Buffalo Chopper" and set aside.
2. Combine ketchup, cumin, garlic, vinegar, salt, paprika, oregano, and pepper in a large bowl and set aside.
3. In a large mixing bowl add your mashed lentils, oats, eggs, cheeses, chopped onion and flour with 2 oz of ketchup glaze for recipes that call for 6 portions and 24 oz for recipes that call for 50 portions.
4. Spray a hotel pan with pam and empty lentil mixture in pan, pressing down the top. With a spatula, spread remainder of the glaze over top of lentil mixture. Place in a 350 degrees F oven for one hour until the top begins to brown and center reaches above 141 degrees F.